

Hab ilmahaaga dib u dhaca leh loogu Diyaariyo Dugsiga Barbaarinta: Baaq loogu tala galay waalidka

How to Prepare Your Child with Disabilities for Kindergarten: Tips for Parents
(Somali version)

Dugsiga barbaarinta (Kindergarten) talaabo weyn ayuu nolosha ilmaha u yahay. Ilmaha dib u dhaca leh, inta badan waxaa lagama maarmaan ah in talaabta diyaarinta ah ay noqoto mid ula kac ah. Markaad la shaqeyso kooxda barnaamijka waxbarashada shaqsiyeed ee ilmahaaga, waxaad qorsheyn kartaan hab guuleysi leh, ee sanadkaa dugsi bilowga ah ilmahaaga u noqda khibrad wanaagsan.

Isticmaal kooxda barnaamijka waxbarashada shaqsiyeed si aad guul u abaabiso

Tabaabusheynta dugsi bilowga ilmahaaga waxuu bilaaban karaa sanad ka hor waqtiga. Waxaad nidaamka ku bilaabi kartaa, adigoo weydiya kooxda barnaamijka waxbarashada qaas ahaaneed; xirfadaha ilmahaagu u baahan yihiin si ay u guuleystaan, iyo goalal qorsheed nooc ee ah ayaa ilmahaaga u baheynaya dhanka guusha. Kooxdu waxey ku talin kartaa, wax-qabadyo aad guriga kula isticmaali karto ee ka caawinaya ilmahaaga xirfadaha dugsi bilowga. Waxey kaloo kugula talin karaan meelo waxqabad leh ee ku yaal jaaliyadda aad ku nooshahay.

Xiliga dugsi bilowga ee ku aaddan g'uga, inta aysan ilmahaagu bilaabin dugsiga, waxaad u qadarin kartaa dugaasi qaas ah. Kooxda waxbarashada qaas ahaaneed ayaa wax kaaga sheegi kara doorka dugsiyeed ee deegaanka aad degan tahay ku yaal. Degmooyin badan ayaa waxey qabtaan marxalad oo ay dugaasi badan ee xannaanada meel isugu yimaadaan si waalidku u eego barnaamijyada kala duwan ee dugaasidaa bixiyaan. Degmooyinka qaarkoodna waxaa caruurta lagu qoraa dugsi loo gartay halka ay degan yihiin. Haddaad dugsiga u takto indha indheyn waqtiga dugsi bilowga ee aa'laaba ku aadan xiliga g'uga, xasuusnow caruurta markaa dhiganaysa dugsiga waa kuwa ku dhow in ay xannaanada ka qalin jebiyaan. Xirfadooduna waa ka sareysaa ilmaha dugsi bilowga hadda ah.

Ogsoonow astaamaha u diyaar ahaanta dugsiga xannaanada

U diyaar ahaanta dugsiga xannaanada ma aha in ilmahu awoodaan akhriska, qorista, xisaabta ama sayniska.

Macalimiintu waxey yiraahdaan, u diyaar ahaanta dugsiga xannaanada, waa in ilmahu leeyihiin karti asaasi ah oo ay ku xiriiraan, iyo dhaqan wanaag.

Waxey ku taliyaan in ilmaha bilaabay xannaanada, karti u lahadadaan:

- xiriir waxa ay doonayaan iyo waxa ay u baahan yihiin
- wadaagi karaan oo door la qaadanayaan dadka kale
- khiiro waxbarasho leeyihiin
- si xasilooni leh u fadhiyi karaan oo dhug u lahaan karaan
- isticmaali karaan qalin rasaas iyo buraashka wax lagu sawiro
- tirin karaan il'aa 20
- garan karaan kelmadaha alifbeetada

Go'aan ka gaar in ilmahaagu diyaar yihiin

Haddaad daremyso in ilmahaagu diyaar u aheyn bilowga dugsiga xannaanada, la hadal kooxda waxbarashada qaas ahaaneed, ee isla falanqeyta xal kale. Xasuusnow, shardi m'a aha in ilmahaagu leeyihiin xirfad walba ee dugsi bilowga laga doonayo. Xaqiiqadu waxey tahay, dugsiga xannaanada, khibradaha ay ilmahu kula mucaamiltamayaan ilmaha kale ee facood ah ayeey ku baran karaan xirfadaha oo idil.

Haddaad ku khilaafto go'aanka kooxdu gaartay ee dib u dhaca ilmahaaga, waxaad isticmaali kartaa dhowr nidaam habraac ah ee loogu tala galay in lagu xaliyo khilaafaadka. Habraacyadaa waxaa ka mid ah; **Conciliation** (Kulan Maslaxo) iyo **Mediation** (Kulan Dhexdhexaadin).

Ilmahaaga u diyaari dugsiga barbaarinta

Markaad go'aansato in aad ilmahaaga ku qorto dugsiga barbaarinta, oo aad ku howlantahay xirfadaha ilmahu u baahan yihiin si ay diyaar ugu noqdaan, waxaad ku dhaqaaqi kartaa ficilladan soo socda si aad ilmaha ugu sahasho dugsi bilowga:

- Inta aan sanad dugsi bilowga la gaarin, ha booqdaan ilmaha fasalka iyo macalinka.
- Sawir ka qaad dugsiga iyo fasalkaba, dabadeedna adoo sawirka tusaya, kala shekeyso ilmaha sida ay dareemayaan dugsi bilowga.
- Xiliga dugsiga inta aan la gaarin, isku dey in aad la xiriirto ilmaha dugsiga la bilaabi doona, oo ay isku fasal noqon doonaan si ay u wada ciyaaraan.
- Bugaag ku saabsan dugsiga barbaarinta u akhri, sida:
 - o Buugga cinwaankiisu yahay "David Goes to School" oo uu qoray David Shannon
 - o Buugga cinwaankiisu yahay "Off to School, Baby Duck!" oo ay qortay Amy Hest
 - o Buugga cinwaankiisu yahay "Vera's First Day of School" oo ay qortay Vera Rosenberry
 - o Buugga cinwaankiisu yahay "Look Out Kindergarten, Here I Come" oo ay qortay Nancy Carlson

Akhbaaro la xiriira

Buuga cinwaankiisu yahay "K is for Kindergarten," waa buug lacag la'aan ah oo ay qortay hey'adda PACER Center. Waxaad ka dalban kartaa adoo soo waca 952-838-9000 ama e-mail mnpirc@PACER.org.

Buuga cinwaankiisu yahay "Kindergarten Rediness: Using Age or Skills in Assesing a Child's Readiness" Waxaad ka heli kartaa Educational Resource Information Center (ERIC). Dalbo eric.ed.gov; enter "ED490711" markaad raadineyso, dabadeedna dooro "ERIC #" halka laga helo.

Buuga cinwaankiisu yahay "Readiness for Kindergarten: Parent and Teacher Beliefs" Waxaad ka heli kartaa National Center for Education Statistics, Office of Edducational Reserch and Improvement, U.S. Department of Education. Dalbo nces.gov/pubs93/web/93257.asp

Buuga cinwaankiisu yahay "Still Unacceptable Trends in Kindergarten Entry and Placement" Waxaa qoray National Association of Early Childhood Specialists in State Departments of Education. Dalbo www.naecs-sde.org/STILL_Unacceptable_Trends_in_Kinderg.pdf.

Qoraalka cinwaankiisu yahay "Try These Tips for a Smooth Transition to Kindergarten" waa qoraal ay qortay hey'adda PACER Center oo ka mid barnaamijka "Early Childhood Connection" Winter 2008. Dalbo PACER.org/newsletters/ec/winter08.pdf.